



DOVER COURT
INTERNATIONAL SCHOOL
SINGAPORE

A NORD ANGLIA EDUCATION SCHOOL

Celebrating 45 Years

16th November 2018

Friendships and kindness

Let's be FAIR



FAIR stands for...

- **F**riends
- **A**ssertive
- **'I'** statements
- **R**espect



F is for FRIENDS



What makes a good friend?

Tell the person beside you why they are a good friend. Swap.

How does it feel to say something nice?

How does it feel to hear nice things about you?

Hands up!

Hands up if you think...

Friends *always* like the same things.

A good friend will *always* agree with you.

If your friend plays with someone else, it means they don't like you any more.

A friend will accept you for who you are.

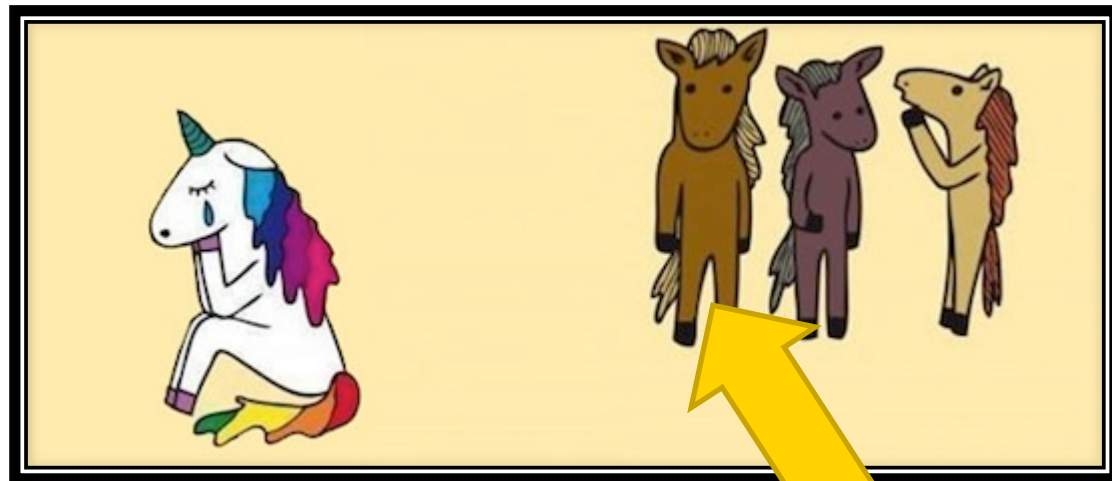
The more friends you have the better.

Friends *always* stand up for each other.

If your friend is being unkind to someone, you should take their side.

Friendship is not always easy.

A is for being ASSERTIVE



Being assertive



Passive



Assertive



Aggressive

Afraid to speak up	Speaks openly	Interrupts / talks over others
Speaks quietly	Conversation voice	Shouts
Avoids looking at people	Makes eye contact	Glares or stares
Gives in	Negotiates or compromises	Forces their decisions

I is for “I” statements

Say how you feel and what you need, not what they did.

“Hey! **You** took the ball! That’s not fair!”

“*I am feeling left out. I would really like a turn. Please can I go next?*”

“**You** ruined my picture! I’m telling on **you**!”

“*I am really sad my picture got damaged. I worked hard on it. I need help to fix it.*”

“Stop chasing me! Go away!”

“*I want to be on my own just now. I need some space.*”

R is for Respect



Sometimes Gilbert shouted out in class when it wasn't his turn.
The teacher said, "Gilbert, please don't do that!"

- <https://www.youtube.com/watch?v=DqQR9aA8KDY>

Sing along

TURN TO ME





Passive



Assertive



Aggressive



Remember to be FAIR.